



Class Schedule for April 2025

- The dates and timing for programmes are subject to change.
- Please check back to the Singapore Sports Hub website for the latest updates.
- Classes that are not offered this term will not be listed on the class schedule.

Attire	Swimwear of colorfast and lightweight material suitable for swimwear, such as lycra, spandex or nylon. Appropriate swimwear includes: <ul style="list-style-type: none">● One and two-piece swimsuits/ swim trunks● Swim trunks, jammers, swim board shorts● Rash guards/ wetsuits● Hijood/ burqini or other approved Islamic swimwear
Equipment	Bring own exercise mat and Sports attire for every lesson for dryland activities before changing to swim wear for pool activities.
Registration	Email us at aqc@torpedoswim.com.sg
Programme Schedule	<ul style="list-style-type: none">● Kids Learn to Dive/Competitive Diving (Refer to page 2)



Kids Learn to Dive/Competitive Diving

Under the professional instruction of certified diving coaches and designed by the Youth Olympic Singapore Team Coach, children will learn basic diving skills and how to enter the water safely and effectively before advancing to twists, somersaults and even venture up to the five-metre platform.

Our competitive diving programme prepares children for national competitions and national squad qualification, should they wish to advance to that level.

Saturday	Apr 5, 19	Kids Learn to Dive 5.30pm to 7.00pm	2 Sessions
		Kids Competitive Diving 5.30pm to 7.30pm	2 Sessions
Age Group	Kids Learn to Dive: 6 to 14 years old Kids Competitive Diving: 6 to 24 years old		
Programme Cost	Kids Learn to Dive 2 Sessions Term (Weekend) \$109 Kids Competitive Diving 2 Sessions Term (Weekend) \$109		
Pre-requisite	Able to swim 25 meters of a recognised stroke confidently without aid		
Location	Lessons will mainly take place in the Diving Pool at the OCBC Aquatic Centre, unless closed for events.		

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